

# MANIFESTATIONS OF GRIEF

Below is a chart that outlines common physical, emotional, social, behavioral, and spiritual responses to loss. This can be a helpful tool if you know a family member, friend, student, or colleague who is grieving. All reactions below are completely normal, but the individual might benefit from a caring friend, teacher, parent, or co-worker reaching out to support.

Physical	Emotional	Social	Behavioral	Spiritual
<ul style="list-style-type: none"> <li>• Hyperactive or underactive</li> <li>• Feelings of unreality</li> <li>• Physical distress such as chest pains, abdominal pains, headaches, nausea</li> <li>• Decreased immune system</li> <li>• Unusual clumsiness</li> <li>• Change in appetite</li> <li>• Weight change</li> <li>• Digestive problems</li> <li>• Fatigue</li> <li>• Sleeping problems</li> <li>• Restlessness</li> <li>• Crying and sighing</li> <li>• Feelings of emptiness</li> <li>• Shortness of breath</li> <li>• Tightness in the throat</li> </ul>	<ul style="list-style-type: none"> <li>• Numbness</li> <li>• Sadness</li> <li>• Yearning</li> <li>• Crying</li> <li>• Anger</li> <li>• Fear</li> <li>• Relief</li> <li>• Irritability</li> <li>• Guilt</li> <li>• Regret</li> <li>• Loneliness</li> <li>• Longing</li> <li>• Anxiety</li> <li>• Meaninglessness</li> <li>• Bitterness</li> <li>• Apathy</li> <li>• Vulnerability</li> <li>• Abandonment</li> <li>• Helplessness</li> <li>• Loss of confidence</li> <li>• Lowered self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Overly sensitive</li> <li>• Dependent</li> <li>• Withdrawn</li> <li>• Avoid others</li> <li>• Detached</li> <li>• Lack of initiative</li> <li>• Lack of interest</li> <li>• Loss of interest in previously enjoyed activities</li> <li>• Behaving in ways not normal for you</li> <li>• Relational distress</li> <li>• Loss of interest in intimacy</li> <li>• Preoccupation with own feelings and needs exclusively</li> <li>• Impatience with others grieving the same loss due to different grieving styles</li> </ul>	<ul style="list-style-type: none"> <li>• Forgetfulness</li> <li>• Slowed thinking</li> <li>• Mental confusion</li> <li>• Trouble concentrating</li> <li>• Difficulty making decisions</li> <li>• Dreams and/or flashbacks</li> <li>• Sense the loved one's presence</li> <li>• Wandering aimlessly</li> <li>• Trying not to talk about loss in order to help others feel comfortable around them</li> <li>• Needing to retell the story of the loved one's death</li> </ul>	<ul style="list-style-type: none"> <li>• Questioning: the reason for the death; the purpose of pain and suffering; the purpose of life; the meaning of death</li> <li>• Anger at a higher power</li> <li>• Sense of distance from a higher power</li> <li>• Sense of closeness to a higher power</li> <li>• Isolation from one's spiritual community</li> <li>• Searching for a continuing bond with the deceased</li> </ul>